

My name is Nthabiseng Jacinta Letumanyane from Lesotho. I am working for Government of Lesotho as Registered Nurse Midwife. I am also a member of Lesotho Nurses Association where I also work as Leadership in Negotiations project team member.

Since I joined Leadership in Negotiations I have highly improved professionally due to lessons that we learned and role plays that we played, especially in communication. Now I know how to communicate effectively, at work with friends and family.

The role play that helped me most is 'learning on your feet' that was very difficult skill in communication and learning to pass short effective message in short period of time. They helped me in my work place where I have to listen effectively and talk to persons in power like ministry of Health because I was Once visited by ministry of health and ministry of power where I stated our problems at work place so fast in short period of time, I was also interviewed by media, it was easy conversation due to communication lessons in Leaders in Negotiation skills.

As a nurse midwife this helped me to be more responsible have a clear plan of my work and expected outcome after a period of time. As a nurse manager I have skills to supervise my juniors effectively. I can communicate with different kinds of people, verbally and non verbally.

As a member of NNA, It helped me know my NNA better see its strengthes and weakness and how to solve those problems' and recruit and retain more members. In order to sustain our strong NNAs. We are capacitated by importance of NNA and a benefits of been a member of NNA.

This project has helped to strengthen this six countries NNAs, recruit and retain its members and how to solve the problems that may arise. It created a link

between member and brought activeness to members at ground floor and enable members at ground to Solve issues. Importance of experience sharing, and learned about ethical issues



I have attached to this a photo, where by I was talking on a media.